FRONT HEAD RESTRAINTS

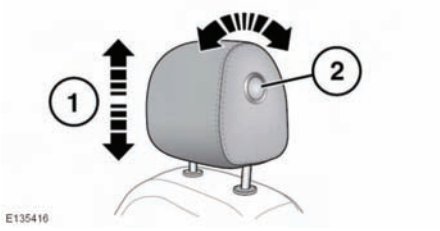
Head restraints are designed to support the head, not the back of the neck. The head restraint must be positioned correctly to restrain rearward movement of the head in a collision or sudden stop.

While stationary, adjust the head restraint so that the top of the head restraint is above the centre line of the head. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision.

It is possible to swivel the head restraint forwards or backwards. For greater protection in the event of a collision, the head restraint should be adjusted so that it is as close to the back of the head as is practical.

Never adjust the head restraints while the vehicle is in motion.

Powered head restraints

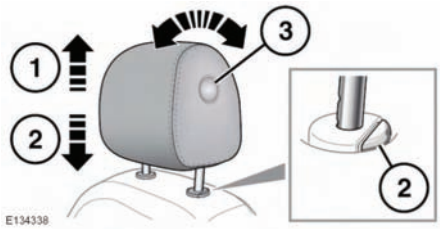


1. To adjust the height of the head restraint, see **16, ELECTRIC SEATS**.
2. To adjust the angle of the head restraint, press the locking button on the side of the head restraint and tilt to the desired position.

Note: *It is not possible to remove powered head restraints.*

Manual head restraints

Do not drive or carry passengers with the head restraint removed from an occupied seat. The absence of a correctly adjusted head restraint increases the risk of neck injury in the event of a collision.



1. To raise, pull the head restraint upwards, it will click and lock in to position.

   Note: *Do not try to raise the head restraint further than the third adjustment position.*
2. To lower, depress the locking collar and push down on the head restraint.
3. To adjust the angle of the head restraint, press the locking button on the side of the head restraint and tilt to the desired position.

REAR HEAD RESTRAINTS

Head restraints are designed to support the head, not the back of the neck. The head restraint must be positioned correctly to restrain rearward movement of the head in a collision or sudden stop.

While stationary, adjust the head restraint so that the top of the head restraint is above the centre line of the head. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision.